



# SMOKY HALLOUMI

with Cool and Crunchy Tabbouleh

VEGGIE



## HELLO BULGUR

This amazing cereal is high in protein and simple to prepare

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 619



Bulgur Wheat



Halloumi



Lemon



Cherry Tomatoes



Red Onion, chopped



Mint



Parsley



Cayenne Pepper



Smoked Paprika-Sumac Blend



Honey



Gala Apple



## BUST OUT

- Small Pot
- Zester
- 2 Large Bowls
- Measuring Cups
- Measuring Spoons
- Large Non-Stick Pan
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

• Bulgur Wheat 1	1 pkg (113 g)	2 pkg (227 g)
• Halloumi 2	1 pkg	2 pkg
• Lemon	2	3
• Cherry Tomatoes	113 g	227 g
• Red Onion, chopped	1 pkg (28 g)	2 pkg (56 g)
• Mint	1 pkg (10 g)	1 pkg (10 g)
• Parsley	1 pkg (10 g)	2 pkg (20 g)
• Cayenne Pepper 🌶️	1 pkg (1 tsp)	1 pkg (1 tsp)
• Smoked Paprika-Sumac Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
• Honey	½ pkg (½ tbsp)	1 pkg (1 tbsp)
• Gala Apple	1	2

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	5 Tree Nut/Noix
1 Wheat/Blé	6 Mustard/Moutarde
2 Milk/Lait	7 Peanut/Cacahuète
3 Egg/Oeuf	8 Sesame/Sésame
4 Soy/Soja	9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

If you have an extra 5 min, toasting your bulgur in a large pan over medium heat will add a deep nutty flavour to your dish!



### 1 PREP

**Wash and dry all produce.\*** In a small pot, bring **¾ cup salted water** (double for 4 ppl) to a boil. Cut the **tomatoes** in half. Finely chop the **parsley** and **mint leaves**. Cut the **apple(s)** into ½-inch cubes. Zest, then juice the **lemons**. Cut the **halloumi** into ¼-inch thick slices.



### 4 COOK HALLOUMI

Heat a large non-stick pan over medium-high heat. Add the **halloumi** to the dry pan. (Keep the marinade in the bowl – we'll use it later to drizzle over the finished dish!) Cook until golden-brown, 2-3 min per side.



### 2 COOK BULGUR

In a large bowl, combine the **red onions** with **¼ cup lemon juice** (double for 4 ppl). Set aside. Add the **bulgur** to the **boiling water** and remove from the heat. Cover with a lid and let stand until the bulgur is tender and water has been absorbed, 15-16 min.



### 5 ASSEMBLE TABBOULEH

In the same bowl with the **red onions**, add the **lemon zest**, **apples**, **tomatoes**, **parsley**, **half the mint** and a drizzle of **oil**. (Taste and add more **lemon juice**, **1 tsp** at a time, if you want the tabbouleh more tangy.)



### 3 PREP HALLOUMI

Meanwhile, pat the **halloumi** dry with paper towels. In another large bowl, whisk together the **spice blend**, **1 tbsp lemon juice** (double for 4 ppl), **½ pkg honey** (1 pkg for 4 ppl), and as much **cayenne** as you like. Add a drizzle of **oil** – just enough to make the mixture runny. Add the halloumi slices and coat all over.



### 6 FINISH AND SERVE

Stir the **bulgur** into the **tabbouleh**. Divide the tabbouleh between plates and serve with the **smoky halloumi slices**. Sprinkle with the **remaining mint** and drizzle with the **remaining marinade**.

## A FOR APPLE!

Eating your apple a day has never been so easy!

